



DeWitt **East Lansing** **Kalamazoo**
 12900 S US 27 435 E. Grand River 5434 Gull Rd.
 517-669-7121 517-324-0900 269-388-3070

Saginaw
 2865 Bay Road
 Saginaw, MI 48603
 989-799-7880

New!

Powerhouse Gym Membership for State of Michigan employees showing their employee ID cards:

- \$100 off yearly rate of \$399
= \$299/individual
- \$100 off yearly rate of \$399
= \$299/employee's spouse/or child
- \$184 off yearly rate of \$399
= \$215/for 3rd immediate family member
*Parent (s) must be a member.

"First" time (state employee) **visitor** may receive a 7-day "free" pass upon showing employee ID card.

"To try out" membership = \$199/6 months.
 If want to continue membership:
 \$100 more for the second 6 months
 = \$299 total for the year.

Portage Family Fitness Center

5061 Constitution Blvd
 269-329-9000

Show Your Employee ID Card

Portage Powerhouse Family Fitness Center and Fit Zone for Women will offer all State of Michigan employees a **25%** discount on all cash memberships and a free consultation with a certified *Level One* weight loss professional. In addition they will offer a **25%** discount on a *Level One* weight loss program. They will also waive the enrollment fee on the monthly dues program.

Portage Powerhouse members may participate in:
**Apex Fitness Weight Management
 Wellness & Conditioning Programs**
www.apexfitness.com

"Apex Fitness Systems offer a five-step lifestyle approach that can help...employees change their body composition and improve their lives...through the application of:

- *Proper nutrition*
- *Cardio respiratory exercise*
- *Dietary supplement awareness*
- *Continual guidance from Apex-certified professionals*
- *Resistance training*

Fit Zone for Women

New & owned by Powerhouse of Portage
545 N. Drake, Kalamazoo, MI
269-349-2500

SEE Portage Powerhouse info for discounts

Powerhouse Gym of Saginaw is pleased to offer State of Michigan employees discounted membership fee privileges:

Any State employee presenting a State ID card will automatically qualify for a \$299 per year paid-in-full membership, a **nearly 15% discount** off our standard membership fees.

- ◇ \$10 ID Card fee
- ◇ \$299/year payable by cash, check, or credit card
- ◇ or \$29/month payable by *EFT or credit card

Further, should a **group of 5 or more employees choose to join the program from any individual location**, we will offer them our **corporate plan discount** which makes each membership \$244 per year paid-in-full, a **30% discount**.

- ◇ \$10 ID Card fee
- ◇ \$244/year payable by cash, check, or credit card
- ◇ or \$25/month payable by *EFT or credit card

- *Automatic payment plans are available at a \$5 per month incremental cost.
- Membership discounts apply to prevailing membership fees.
- Spouses and/or immediate family members pay a \$199/year paid-in-full fee(s).

Offering the area's longest hours of operation:

Mon - Thu	5 AM - Midnight	Sat	8AM - 8PM
Fri	5 AM - 10 PM	Sun	8AM - 6PM

EQUIPMENT

- Tri-Cities' largest assortment of programmable, variable speed and resistance cardiovascular equipment including treadmills, elliptical trainers, total body elliptical trainers, and upright and recumbent bikes
- Wide variety of selectorized (pin-loaded) and plate-loaded strength training equipment

PROGRAMS

- **New member fitness assessment**, exercise program development, and equipment orientation
- **Group Exercise:** Low Impact Aerobics, Step Aerobics, Kick Aerobics, Resistance Aerobics, Boxing/Self-Defense Classes
- **Centurion Club:** Rewards development of habitual exercise through recognition and awards for 100+ club visits in any 12 month period
- **Elite Club:** Rewards setting and achieving personal health and fitness goals through recognition and awards for reaching any personal objective requiring more than 12 weeks to achieve

SERVICES

- Personal Training (nutritional planning, exercise program design, activity-specific performance enhancement, athletic performance center)
- Therapeutic Massage
- Kids Care Center